

**North Central Washington
Rural Health Foundation**

240 N. Chelan Avenue
Wenatchee, WA 98801

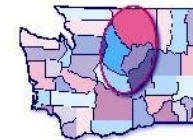
P.O. Box 1802
Wenatchee, WA 98807

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Wenatchee Area Network for Diabetes (WAND)

Resource Guide

WAND is a program of
North Central Washington Rural Health Foundation



(509) 888-9933

Keep it Simple

www.Learningaboutdiabetes.org

Great low literacy materials in English & Spanish. A nonprofit organization

www.migrantclinician.org/files/MCNbalancedplate_engspan09.pdf

A simple quick method to learn portion control in English & Spanish

Visit our Twitter Page!

<http://twitter.com/DiabetesWAND>

WEBSITES . . .

Below is a list of helpful websites which you can access at home or from your public library. Always check with your doctor and diabetes educators before using information from the internet to treat any medical conditions.

General Information:

www.diabetes.org
www.diabetes.niddk.nih.gov
www.diabeteshealth.com
www.americanheart.org
www.noah-health.org
www.joslin.harvard.edu
www.diabetes.wa.gov
www.doh.wa.gov/ndep

Children:

www.childrenwithdiabetes.com

Nutrition & Exercise:

www.eatright.org
www.MyPyramid.gov
www.calorieking.com
www.sparkpeople.com
www.platemethod.com

More Local Resources:

www.ncwruralhealth.org

Behavioral Health & Diabetes:

www.behavioraldiabetes.org

DIABETES RESOURCES- NCWRHF & WAND

These groups are free of charge to the public

- **Diabetes Education Evenings**—Monthly meetings offering information on a variety of topics by local experts to improve your health and help control your diabetes. Come share your ideas and bring your questions for the experts! Meetings are the third Thursday of every month (not in August or December) at the WVMC Sleep Study Conference Room, located at 1000A N. Miller St., Wenatchee. Meetings begin at 5:30 p.m.
- **Monthly Diabetes Support group in Spanish**—Last Tuesday of the month at 5:00 p.m. at Columbia Valley Community Health in Wenatchee. For more information, call Maria Guzman at 509-664-3524.
- **Chelan Diabetes Support**—Third Tuesday of the month (not in July or December); 5:30 p.m. in Spanish and 6:30 p.m. in English at Chelan CVCH. For more information, call Shelley Wold, RD at 509-682-6000.
- **Diabetes Challenge**—8 week self-management course taught yearly in English and Spanish. Call CVCH at 509-664-3524 to sign up.
- **Free movement and exercise classes**—Available through NCW Rural Health Foundation. Call 888-9933 for current schedule of classes.



DIABETES EDUCATION

Group and Individual Diabetes Education in the Wenatchee Area:

Wenatchee Valley Medical Center (WVMC):

- Quarterly classes taught by physicians and diabetes educators – call 667-3670 to sign up.
- Individual education provided by Registered Dietitians and Certified Diabetes Educators; Interpreters available.
- Call the Nutrition Department for more information or to schedule an appointment (509-663-8711 ext. 3650).
- Costs are often covered by Medical insurance plans. Discounts available based upon income.

Central Washington Hospital (CWH):

- Individual education provided by Registered Dietitians, ARNP, and Certified Diabetes Educators in English and Spanish.
- Call 509-667-3350 to schedule an appointment.
- For more information, call Irene Morrow, ARNP, CDE AT 509-662-1511, ext. 2878.
- Costs are often covered by Medical insurance plans.

Columbia Valley Community Health (CVCH):

- Individual education provided by Registered Dietitians and Certified Diabetes Educators in English and Spanish.
- For more information or to schedule an appointment, call 509-664-3524.
- Costs are often covered by Medical insurance plans. Discounts available based upon income.

DIABETES RESOURCES

Diabetes is a chronic disease requiring additional help at times. If you are over 60 or disabled, contact:

Aging & Adult Care of Central Washington 800- 572-4459
50 Simon St. SE
East Wenatchee, WA 98802

If you require help with depression or other behavior issues, ask your doctor for a referral to a counseling service in your area or you can contact:

CVCH Behavioral Health
Wenatchee, WA Chelan, WA
509- 662-7195—adults 509-682-6000
509-662-4296—children

*******24-hr Crisis Line 509-662-7105*******

In some cases your doctor may want you to see a specialist in Diabetes:

Endocrinologists/Diabetes Nurse Practitioners:

Wenatchee Valley Medical Center 509-663-8711
820 North Chelan Avenue
Wenatchee, WA 98801

Lisa M. Stone, MD
Bindu Nayak, MD
Valerie M. Elston, ARNP

Central Washington Hospital Outpatient Diabetes Program 509-667-3350

Family Health Services
526 N. Chelan Ave., Suite B
Wenatchee, WA 98801

Irene Morrow, ARNP, CDE



DIABETES RESOURCES

An Annual Eye Exam is recommended. The following are suggested resources for a dilated eye exam with a medical doctor. It is not a complete list so check with your doctor for preferred providers of service.

Ophthalmologists:

Wenatchee Valley Medical Center
820 North Chelan Avenue
Wenatchee, WA 98801
509-663-8711

Richard S. Bennion, MD
Brian E. Bowe, MD
John C. Schulz, MD

Walmart
2000 N. Wenatchee Ave
Wenatchee, WA 98801
509-665-9323

Ronald Ullman, MD

Eye & Ear Clinic of Wenatchee
933 Red Apple Rd # 100
Wenatchee, WA 98801
509-662-7143

William E. Wicheta, MD
James M. Britt, MD
Conley B. Call, MD
Thomas Osgood, MD



Good foot care is important for preventing complications of the feet.

Podiatrists:

Wenatchee Valley Medical Center
820 North Chelan Avenue
Wenatchee, WA 98801
509-663-8711

Brandon J. Child, DPM

Chelan-Okanogan Foot & Ankle
Chelan, WA
1-800-363-3233

John W. Horlebein, DPM

Foot & Ankle Center of Wenatchee
616 North Chelan
Wenatchee, WA 98801
509-662-2970

Tony D. H. Kim, DPM
Scott A. Schroeder, DPM
Jac R. Tiechner, DPM